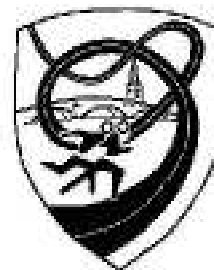


# On the Run



The dedicated magazine for the Bedford Harriers

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**Editor:** Adam Hills

### Special Thanks to:

Steve Crane, Maria McBeth  
 Richard Watson, Phil Gray  
 David Sutcliffe, Iva Barr  
 Steve Gaunt, Brian McCallen  
 Ray Evans, Steve Daniels

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Malcolm McEwen, Bill Khinda  
 Elaine Reynolds, Adam Hills

## Happy 80th Birthday Iva Barr

Bedford Harriers oldest club member

Who would think that at eighty years old you can still keep running comfortably. This is proven by the fact Iva Barr recently celebrated her 80th birthday this year! Eight decades on, what with a barn dance all evening long and a charity fun run at the international athletic stadium, and not to mention the various road races, there seems to be no stopping. Quite rightly so. Who would want to spend your life doing sedentary tasks when you can achieve the things in life regardless of what year you were born. The Office for National Statistics show that life expectancy has increased and the gap between females and males may slowly be narrowing. While this may be so, it is arguably the quality of life which is most important and Iva clearly serves as a genuine role model to the rest of us at the athletic club. Speaking to Iva about what has kept her going. She says it's down to us and interacting with the younger members because you subconsciously think and behave younger. I have to agree with Iva on this point. There is also the running aspect mind you. So... well done Iva and keep going healthy!



# Race Etiquette

formulated by Steve Crane

## Been offered the chance to use somebody else's number?

### Beware!

It happens to us all, someone we know has entered a race and has the number but then finds he/she is injured or unable to run and offers you their number. Chances are you will save on the entry fee and maybe get a place in a race where the entry is either already full, you have missed the closing date or you just want to save a few pounds in entry fees. But think of the implications!

Imagine the scenario where an individual is involved in an accident during the race and requires hospitalisation. The medical services will want to know the identity and contact details of the injured party in order to contact the individual's next of kin. They need to establish a medical history and avoid possibly life-threatening treatment. The medical services will ask the race organisers for the competitor's contact details from the number on the competitor's vest. The race organiser will provide the information from the completed entry form and the medical services will contact the next of kin, thereby unwittingly causing distress and anxiety to family and friends and more importantly, causing a delay, (or possibly worse), in obtaining the necessary medical information.

Many race organisers will have expended several months of planning and hours of preparation to stage a race. Imagine the impact when you complete the race in an average time for your age category but are running with somebody else's number from an older age group. You may well be the first in that age group and "win an award" or to put it correctly deprive three or more people of their correct awards, (don't forget team awards). You create a problem with the results, which inevitably delays the publication of the results and the awards ceremony, causing inconvenience to fellow runners and means the efforts of the race organisers are diminished by one thoughtless runner.

Number swapping is also contrary to the rules that runners agree to abide by when they complete their entry forms. Then there is the question of liability insurance; most race organisers have liability cover. However, if you are not the competitor detailed on the entry form and you have need to pursue litigation against the race organisers the chances are you will have no legal redress since you have not been party to the contract between the race organiser and the person who completed the entry form.

Some, (but not many), race organisers will allow number transfer, however it is your responsibility to seek the race organisers permission to transfer the number and abide by their response. The Bedford Harriers web site and data base of official race results will not include times obtained when wearing an unauthorised race number.

**Moral:** don't do it.

Steve Crane, Race Secretary

## Editor's Column

Adam Hills

I have pleasure in announcing that the Harriers magazine is now available as a hard copy and in a soft format as a pdf file on the website. This was in response to the many suggestions made by members on the online message board. It has been noted from a member of the committee that some members do not regularly access their email or internet. While one or two members insisted not to print any hard copies, the final decision was made to adopt a fair approach and provide both formats to attract online readers and those who prefer to read it in the traditional paper format. I am confident this will work for the benefit of the club as a whole.

I refer to the online message board that many members read and post on a regular basis. I welcome the decision of the committee to display a clear disclaimer and to discourage negative messages that may insult other members. Similar to a fairground ride, the online message was also not a place for the faint hearted. It is therefore reassuring to note that the message board is now being moderated on a regular basis for the benefit and safety of current members. This extends to, and demonstrates good practice to those who may read and post messages from outside the club and potential new members. The message board is an important and useful communication tool.

We said farewell to the annual Great North Run club event as Steve and Lesley are thinking of organising a running related event for Amsterdam next October. The positive feedback left on the message board and other comments received can reinforce the hard work and sheer commitment provided by Steve and Lesley over the years.



## Great Eastern Fun

narrated by Phil Gray

Peterborough holds some good memories for me in the distant past but it was a different kettle of fish in 2007 for the 3000 plus that addressed a demanding but flat 13.1 miles of the Great Eastern Run. Sukh was my guide for the day as we entered Cathedral Square in the early hours of a bright October morning and were met by a number of Harriers who like Sukh were addressing the Great Eastern Run. I was in my club photographer mode at this early hour and captured a number of club members before the main event. I then located about a mile from the start to capture the action on camera as 3000 plus left Cathedral Square behind at 11 am. Two Africans well in the lead at this early

stage of the race before the first Harrier in the guise of Stephen Earley appeared with J P Mitchell and Morgan Walters not too far behind. Then the main field appeared in a sea of blues, yellows, reds and so much more including some in England Rugby Shirts. England had just won against France to secure a place in the 2007 Rugby World Cup Final. About 50 Harriers passed me including a certain Iva Barr who celebrates her 80th birthday this month. A brief moment to chill out before locating near the finish at Mile 11 and a bit. More action as the leaders came though at a blistering pace and both would record a sub 65 minute clocking. Stephen Earley still looking good in the

final stages of the race and recording a personal best of 1.16.11 to be first Harrier on the day and well supported by J P and Morgan and not forgetting a certain lady called Donna who must be sponsored by Weetabix. She recorded another personal best and a 1.21 clocking and was followed in by Denise and Sarah. Loads of personal bests on the day including Stephen Crane, Sarah Lee and Simon Costin to name but three. I have never enjoyed a day more and take my photographer hat off to those in the club that went the distance and to my mate Sukh who was more than relieved to see that finish line.

Phew.

## Chairman's Column

written by Steve Gaunt

This is my first report as chairman and therefore would like to take this opportunity of thanking Brian for the excellent job he did over all those years and the job he is still doing as the "webmaster".

The club's website is probably one of the best around and apart from helping us recruit because of its content, we have also had many comments from other clubs who regularly look at our site for race info, results and dare I say read our message board.

I noticed that one of the newer members of the club felt that he was ignored at a recent race by one of the faster runners and decided to use the message board to say so. Lots of you replied and it certainly got talked about in the top end groups. We came to the conclusion that he caught someone either "focussing on the pre race build up", or had talked to someone who "got out of the bed the wrong side" or "someone very shy", as I believe our club to be in the main extremely friendly

and without noticeable airs and graces. Our club would not function without every body rallying together and everyone from the committee to the ladies who sell bacon butties on race days don't all come from one particular group but from across all abilities in the club.

Our club is unique as clubs go; it is very friendly, it is well set up with members from all backgrounds in society wanting the same thing, which is to run. Let us not forget though to cheer everyone on in races especially those of us in yellow with a black stripe, and whether you finish in the top 10 or somewhere near the back, at least you have gone out there and achieved something that 99% of our population cannot do.

I hope to see you in the near future at the cross country races where we really feel like a team and everyone supports and encourages each other.

## Bedford Harriers A.C.

2007/2008 Committee

Chairman - Steve Gaunt

Vice Chairman, Membership Secretary, Race Entries Secretary - Jacinta Horne

Treasurer - Christine Armstrong

Club Secretary - Lesley Barnes

Race Manager Secretary & Race Equipment Manager - Steve Crane

Social Secretary - Val Bird

other committee members -

Chris Capps, Tony Dadd, Steve Daniels, Simon Fisher, Richard Piron, Richard Watson, Zoe Willett

## Plea from the Harriers Race Directors

advised by Steve Crane

Most of our members are aware that Harriers Races have an enviable reputation that attracts runners from all over the Country. They also have the potential to generate funding to keep our membership fees down and support other activities such as coaches training..

What you may not be aware of is that each race has a Management Team that comprises of just a few willing volunteers, usually the same individuals who organise the race make those important decisions in advance of the race and are there on the day.. And some of these willing volunteers, (whilst retaining the outward appearance of youth), are beginning to show signs of ageing; - joints starting to creak, eyesight not quite as sharp as it was, hearing becoming more selective, (except when its

my turn to buy the beer), etc.

So, what we would like to do, is to encourage some new blood into the Management Teams, one wag unkindly said, "while there is still time for the old 'uns to pass on their experience". The role is not too onerous and we have a wealth of knowledge to help anybody who wants to get involved..

All sorts of skills are required from administrative to practical, if you would like to join one of the Management Teams or find out a little more about what might be involved then please let me know.

Race Management Secretary

## Athletics Weekly Feature Page

Young Club Bedford Harriers - obtained from David Sutcliffe

On 4th October the 'Club Focus' section in the UK's principal athletics magazine carried a full page article on the Harriers, written by road race reporter Martin Duff with help and information from Chris Capps. Most main features of 'life as a Harrier' are covered and there is even space for five colour photos. Humble but inspired origins, a spirit of friendliness, fitness, sociability, and running challenges for all levels are identified as underpinning factors.

The 40-strong coaching team covering eight ability levels, the planned induction groups, and the scope of three training nights plus weekend runs, and the recent addition of a Triathlon agenda are referred to as illustrations of the club's breadth of

activity. Social events, our trips to popular races, and participation in Cross-country team events get a mention, while the writer is clearly impressed by the 'Runners Pages' section on the website, and reserves special mention for the club's 'rightly praised..... organisation of the three open road races promoted each year'. Concluding words emphasize continuing efforts to improve and the warm welcome offered to new and experienced runners.

Harriers will have seen the article on the notice board or in the magazine itself.

Otherwise, please e-mail  
hello@bedfordharriers.co.uk if you would like a full copy of the article.

### Crossword Answers

Across - 7.Animal, 8.Hamlet, 10.Kitchen, 11.Tense, 12.Ewer, 13.Below, 17.Excel, 18.Star, 22.Tower, 23.Terrace, 24.Unrest, 25.Fidget.  
Down - 1.Hackles, 2.Tiptoed, 3.Macho, 4.Bastion, 5.Blend, 6.Steer, 9.Interests, 14.Express, 15.Strange, 16.Cruelty, 19.Strut, 20.Sword, 21.Drain.

# Marathons

written by Richard Watson

It all started after I'd finished my first Great North Run on 30th September 2004, and I was sat on the Nirvana coach back to Newcastle station feeling pleased with myself talking to fellow runners when someone said "well done, but you're not a man 'till you've done a marathon" it was said in good taste, and he was responsible for the measurement of the London Marathon course so I suppose he was well qualified to say it. Anyway 2 years on, and after joining the Harriers, the decision was made (Well at the Oakley 20 in 2006 after discussions with Katie B - Thanks) that I would have to do ONE marathon, and being 40 in April 07, chose London to have a go at. After failing in the ballot and the marshals' ballot I was offered a place by Jude Cottam to run for Bedford Hospital.

It was now at the point of no return, I'd signed up for Jude's team - the offer of a fry up after Chris Cottam's four training runs proving too much, but I was really excited about it, but also under no illusions of the size of the task ahead. Runners World was visited and a schedule downloaded - these schedules are great for those who don't work or don't have a family, but it gave me a great indication of what I needed to do.

And so the training started, I'd built in three training races - Folksworth 15 in January, Stamford 30k in February and the Oakley 20, as milestones for my training. The 1st obstacle Folksworth was overcome with a respectable time despite the wind and the hills, and I was pleased with the fact that I had run further than I'd ever run before. In fact it was this that kept me going, most of my training was on my own (apart from Chris's training runs with the Hospital team), leaving home at silly O'clock (well 6ish usually so I could get back for the family or to go down to London to see Chelsea), and the fact that I could run 15, 17, 20 miles was amazing. Stamford was missed through injury but thanks to Rebecca Kier at BPC I was soon back on course, and I got four 20 mile runs in before Oakley. With spring arriving it was great to run out as all the wildlife along the cycle path from Great Barford were going to bed, and even some of Bedford's hardier night clubbers also (when I got to town), and I was really enjoying the running.

Oakley came, and despite comments on some web-sites about attempting a race only three weeks from London, and "leaving a pb there

rather than London" I enjoyed it and physically benefited from it. Being the first Harriers' race I'd run as a Harrier the support from the marshals was fantastic and helped me through with a time of 2:52:02.

Anyway fast forward to the day of the race and an early start was not an issue but what did concern me was the sun that was already up teasing me with "come and run under my hot rays Mr!!!!" I was not happy but what could I do. Anyway the race was run in hot conditions (some say 29 degrees off the road), and I struggled.....big time. The first 12-13 miles were okay, till I got to turn towards the Isle of Dogs and I heard someone in the crowd say "if they're struggling now the next bit's a killer", well cheers mate!!!!!! I heard those words all around the Isle of Dogs (Hell) and Canary Wharf, and ended up run/walking the rest of the way, cursing the fact that my name was on my top, cursing the crowds for willing me on and wishing I was doing the Isle of Man marathon or some other crowdless course. But I finished.

Anyway two months on and I realised I started too fast, got too much confidence from my Oakley time, didn't adapt to the conditions and generally goofed, still I'd done a marathon, but I wasn't happy with my time so had to do another one, and this year. With Abingdon cancelled, Leicester or Luton didn't sound attractive it was time for a family holiday to Germany so that I can attempt the Frankfurt Marathon on 28th October. This time I'm wiser re starting too fast, totally prepared for the challenge (although to be fair I'd

done the mileage for London) and hopefully Germany will be cooler.

I've really enjoyed the training, both on my own and with either Chris or Steve Crane's team latterly, and must say if you get the chance or the inclination than go for it, it's now 11 days till Frankfurt and I cannot wait, as for another



marathon after this, depends on my time

**Don't tell Linda but NEVER SAY NEVER.**

# Round Norfolk Relay

obtained through Richard Watson

The Round Norfolk Relay is a team event following the county boundary of Norfolk (a distance of 193.6 miles). Each team is made up of 17 runners, who run a different leg ranging from 5 miles to 20 miles.

Bedford Harriers are looking at entering one or two teams in the event next year (depending on interest), a number of Harriers run in the event for the Fetch Everyone teams this year including Kate Barnard who was part of the Fetch Everyone team that won the Casual class competition this year and this is her story of the weekend.

"Friday: A day of organising, cooking food for the weekend and getting a bit high. We leave the house at 5pm, having filled the in-laws and children with cottage pie and left the children tucking into more sweets that they can quite believe is allowed. Drive to Norfolk with my Abingdon Marathon CD playing and send excited "we've left" texts to our Team Leader and receive excited "so have we" texts back. I keep thinking of all these runners sitting in their cars, travelling and converging on KL....it feels surreal and focussed. And I imagine this huge magnet with a huge FetchEveryone on the side drawing us all in by the power of running in teams. Check in to the Travel Inn and meet up with our Team leader and Timekeeper and two other team mates and we all grin at each other... We're here again. We head to Lynnsports and walk over the campsite and then avatars become people just like last year and it's fab. The evening is great. I drink too much, and we share a bit of rugby pain but then more and more lovely people arrive and it doesn't matter so much about the rugby anymore. Pizza, water, bed, not much sleep and it's time....

Saturday: Get to the start in time to see our guys off. It's cold and our first runner looks tiny and very cute in her wee plaits and I already feel protective of everyone....we see her off and she looks so brave with first stage cycle support standing guard and I have the exact same feeling as last year when they're gone, like I should be doing something. We head for breakfast and my mighty hangover kicks me in the head and I wonder how I'm going to run and then drive for most of the night....I'm glad Team Leader can't hear my thoughts from the support car. Breakfast, Water, energy drink and finally a

bottle of Coke and I eventually feel normal after a morning of lazing around in the sun getting occasional text updates from the course...it sounds like our team is doing well and making up time. We take another trip to Tesco for more supplies and then it's time for us to leave base and head for Lessingham. Almost out turn to really contribute.

I might have dozed in the car, I realise this will be the last sleep for another 24 hours and butterflies kick in, Our team have been creeping up on Team Too, and we are there to see their runners hand over before suddenly our runner is flying in and it's my husbands time to take the baton and he heads off looking strong, It's my stage next, beginning at Horsey Windmill, the sun is setting and I'd like to be there in time to have a sunset photo taken, so, I harrass my car load into my car. The sky is incredibly beautiful when we arrive, and the windmill is staggering. I stand with my team mates, as they talk calmly to me and help me decide how many layers to wear, it's getting darker and there's a cool breeze. Fetch Too arrive and I quickly make the decision to take off my long sleeved top, which means unpinning my number and taking off the hi-vis vest...and then Hobbes says "It's Rubble"...and I'm waiting for the baton.....and then I'm running and because I am running full darkness I have a bike support and the car right behind me with a flashing orange light. It really is the most people you ever have looking after you during a run. It feels great and safe. The sky is beautiful and I point this out to Gobi, who I think says "It's a sky"...and then he provides me with a faultless support service. I really do run my heart out, I keep thinking about all the other runners out in the dark and I can hear my bike support chatting to the Car support and there's something about the Orange Light but I don't really focus on it and just keep pounding my feet one in front of the other and keeping my breathing controlled and thinking of my running mate in Bedford running next to me "doing the arms" and the first few miles slide past easily. I pass Team Too and their runner looks strong and comfortable and then it's just me again. A little bit further and a team passes me, I feel like I've slowed down but bike support says "He's going like stink" and I feel better. Take a gel at 5 miles and I'm still feeling

## Round Norfolk Relay continued...

obtained through Richard Watson

good, I can't see my pace very easily, or my mile splits as its dark as anything and I really don't dare try pushing buttons on the garmin for fear of stopping it completely. There are suddenly more uphill than I remember and the drag into Caistor makes me want to be a bit sick. As we head into Great Yarmouth at about 9.5 miles, it really does start to feel like hard work and I know I'm slowing. Turning down the road to the seafront and I see the "Bridge of Doom"....I think I've shouted "I feel sh\*t" and the Support Car responds by pulling alongside and playing one of my favourite intervals songs to me "I'm not OK"....and it gets me over the bridge and I just \*love\* them and Gobi too. But then we have the "Seafront of Endless Headwind"....and I shout "Freddie" or something but they understand and I get "Don't Stop Me Now" by Queen...and we're all singing (maybe not Bike Support but I think he calls me DiscoRunner...which makes me smile through the pain)...and then \*finally\* (I honestly think Great Yarmouth has an uphill seafront), I see the changeover and I shout for my team-mate, pass the baton, and he's gone and I'm done with the running part of my relay.

Macdonalds toilet and changing from sweaty to non-sweaty clothes, eat, toilet, drink, toilet, really want to make sure I'm a) awake enough to drive b) not too caffeinated up and needing the toilet, as I've got a good few hours driving through the night.....Simon bounces more than enthusiastically round the car park in his black hold ups, taunting his Biggleswade AC friends, and then our runner has arrived and Simon has the baton and I leap into the support car and it's great to be supporting and helping. We set off behind the machine that is Simon F, all of us watching his bottom a bit nervously, after he'd handed over baby wipes....

Sunday: As Simon ran, we drove into Sunday, I was fed chocolate we just laughed so much....and then we were turning off the road into the next changeover and suddenly we were behind our next runner, Dave, on the tough 18 mile route to Thetford, with my husband on Bike...and again we were in awe of the constant running pace. Over Simons's stage and Daves's stage there was so much overtaking by us....they both just kept reeling them in. At the next

changeover we drove slightly past the baton change area and we changed places...me into the back, Team Leader back driving after a few hours break and suddenly we are following Rach. I have a sudden slump at this point and on the 5 miles on road pre-forest I put my head on the pillow and drift into doze.

The Forest: Hard to explain...but imagine a speeded up film of people running, driving and pushing bikes down a dusty, very bumpy track at ridiculous o'clock and you might get close. We couldn't keep with Rach, she was \*amazing\*, and we couldn't pass support cars, or runners or bikes and we just had to try and stay calm and hope she was ok. It felt frantic. All very relieved to see the road and to see Rach and get Andy on the bike behind her to support.

Leaving a beaming Rach at the next changeover, we followed Ian, the man who created Fetcheveryone, and one of the reasons why we were all there. Ian got straight into his stride and never really got out of it. At the end of his stage I finished my time in the support car, mainly due to needing a wee very badly, and soon after headed back to base for a shower and the big finish! Back to Base: shower....warm clothes....dissecting the stage with the other lady runners in the showers....back to find people and realising we only had time for a quick cup of tea before Gobi would be back....

The Finish: That same feeling of relief, happiness, emotion of a big thing done, extreme and overwhelming tiredness.....\*everyone\* beaming....team photos...cards and hugs....wanting to be there \*and\* wanting to be asleep, just wanting too many things really. Then time to go..... and then getting home and at some point finding out WE'VE WON.....we had won the casual class....and Rach had won her stage...important and yet not important. A \*fantastic\* experience....if you get the chance to do it...grab it. " In the new year there will be some information and a possible talk from the organisers to gauge interest so please keep an eye on the web-site and the notice board at the club, as we would like to put a team/teams in the event in 2008 which is on 20th/ 21st September 2008.



# London Marathon

expressed by Maria McBeth - her first marathon distance

The marathon was run this year on Sunday 22nd April 2007. But for me the dream of running the London Marathon started five years ago when I lost my mother Teresa Tickyj (RIP).

I wanted to run the London Marathon because it was something my mother and I had always talked about doing. But I somehow had never got round to it, with this in mind I set out to achieve my goal. Three years ago I joined Bedford Harriers Running Club and asked them if they thought it would be possible for me to run a marathon, having not ran since my school days.

The answer was, if you're dedicated enough you can and will. That reply excited, drove and stayed with me. I started my training in earnest. In April 2004 I started with some 5 and 10k races and eventually trained my fitness level to half marathon. After entering and completing five half marathons I decided that if I was successful in gaining an entry into the London Marathon I would attempt my dream, I managed to acquire a place this year via Bedford Harriers Club Draw.

(Thank you Harriers) and then worked very hard with my coaches at the club, Steve Crane, Lesley Barnes and Steve Gaunt, to attain a fitness level that could carry me through a marathon. On the day of the marathon I woke up at 4am with excited apprehension this was my big day. I travelled down via coach with the club and my husband Gary who supported me all through my training.

Lining up to start the race, the weather was hot it was only 9.30am and I was already taking on

water. At last we are off 36,000 pairs of feet begin to move and I was one of them squashed like a sardine in this seemingly unending human snake of people that was somehow going to run the 26.5 miles of the London Marathon. With every straight piece of road and every corner turned I could hear the jubilant crowds cheering us on in an endless sound of support and encouragement.

With the first few miles run in the hottest conditions ever recorded for this race I realised I was running too fast and at nine miles slowed a little, the sight of runners collapsing, being sick and dropping out was enough to make me realise that I needed to conserve my energy.

With many drinks and much concentration and my constant battle to overcome my body's requests to stop and rest, I soldiered on in a most determined frame of mind, eating the miles one by one. As I ran along the Mall and turned at Buckingham Palace I could smell the finish line. 800 metres to go only twice round out track at the stadium. That last 800 metres was the longest of my life.

I ran through the finish line, legs and body in pain but I didn't care I had finished. I had actually finished. The medal was presented over my head with a hand shake and a well done. I held my medal tight lowered my heavy head gazed at it, kissed it, held it aloft and said we've done it mum. We've finally done it. Thank you God.

Thank You.



# Team Management Sub-Committee

prepared by Steve Daniels

Following his election as our Club Chairman, Steve Gaunt decided to stand down from the Team Management Sub-Committee because of his increasing workload. We thank Steve for his involvement and hard work over many years with Team Management affairs and hope that he will continue to provide advice and guidance in the future. A new Team Management structure has now been put in place to work on your behalf in terms of planning and managing all the road and cross country events where we will be entering official teams. We are also responsible for choosing the Club Championship Races - more on this later!

The members of the Team Management Sub-Committee are Angie Kay, Veronica Singleton, Alastair Fadden, Steve Daniels and David Sutcliffe. Angie is responsible for all matters relating to cross country events and shares the responsibility of Ladies Team Captain with Veronica. Steve co-ordinates the sub-committee and shares the responsibility of Mens Team Captain with Alastair. David is responsible for all Veteran/EVAC matters. The main aims of the Team Management are to provide all our members with details of forthcoming races, encourage your participation and arrange team entry. Our 'encouragement techniques' range from gentle persuasion right through to bribery with cups of tea (or something stronger)!! What we want to do is get as many of you running in as many events as possible. Your ability (or lack of it as in my case) is nowhere near as important as your enthusiasm to take part in different events and represent your club.

Talking of Cross Country, please look out for information posted on the website and the notice board regarding the Three Counties Cross Country Series. We have been very competitive in this series over the last few years and we really want this to continue - to achieve this we need your help. These events are great fun, an excellent way to train over the winter and much better than slogging up Cemetery Hill in the dark!! There is a high probability that you will get dirty and you may even get wet but you will definitely get a huge amount of enjoyment and satisfaction. As we near the end of another year (where has it gone?) the Team Management have already been planning for our 2008 Club Championship Races for some time. In selecting these races we wanted to ensure that as many Harriers could participate in as many events as possible without clashing with other events where large numbers of Harriers compete or marshal. Following this selection process I am pleased to announce that the 2008 Club Championship Races will be as follows (exact dates to be confirmed);

5K - Doug Anderson - July, 5M - Blisworth - August, 10K - Silverstone - May,  
10M - Leighton Buzzard - September, 1/2 Marathon - St Neots

The exact dates for these events have not yet been released so if you want to participate please keep an eye on the website or notice board where we will be posting details of when entries open for each event. One of the other events we are considering for 2008 is the Round Norfolk Relay. This is a team event that follows the Norfolk county boundary over a distance of 193 miles and is run over 24 hours. We will shortly be reviewing all the logistics required for this event and deciding the number and type of teams that we might want to enter. Please look out for further information on the website and notice board. As in previous years we will again be arranging a series of weekend training runs for those Harriers fortunate enough to secure a place in the 2008 London Marathon. All abilities will be catered for and further details will be published as soon as they are available. Following the success of our recent trips to the Great North Run, next year will see us heading to a different destination - Amsterdam. Arrangements are currently being finalised for the trip next October where runners have the choice of a 10K, ½ marathon or a full marathon. Further details on this will be available soon.

If you have any questions regarding an event or have any ideas for future events please feel free to talk to Angie, Veronica, Alastair, David or myself. You can usually catch one of us before or after training in the foyer or upstairs in the bar!!

Happy Running.

## Race Etiquette part 2

formulated by Steve Crane - CCIFLTD@aol.com

### Cutting the corner

Many runners are unaware of the implications of cutting a corner. When courses are measured the course measurer measures a path that is 30cms from the shortest possible route the runner could take bearing in mind information supplied by the race director as to the physical boundaries of a course. For example at a right turn it is the race director's intention that runners will be able to use the left side of the road only. The road will still be open to traffic and the right side of the road will be in use by oncoming traffic. Accordingly the measurer will measure the right turn using only the left side of the road. If, as a runner, you negotiate this right turn by using the right side of the road you are in effect cutting the corner or to put it another way - cheating.

Apart from this you will undoubtedly be placing yourself in danger since you will be in the path of whatever is about to come round the corner; it may be an emergency vehicle travelling at speed. Please follow marshals' instructions and obey the signage.

### Wearing headphones

Many competitors wear headphones during a race and this seems innocuous enough. However, how would the wearer hear the shouts of the marshals or other runners instructing them to get off the road as an emergency vehicle approaches at speed from behind the runner?

### Race number

Wear it on the front, there really is no excuse for wearing it anywhere else. I frequently hear a collective groan of disapproval from hard pressed finish funnel personnel when a runner approaches without a number being displayed. Is it somebody crossing the line for the second time, accompanying a friend or club mate on his or her last few metres?

Do the time and number keepers record this individual or not and, whilst they decide, how many other competitors have crossed the line and their times/numbers been missed? If anybody has questions or would like more information about the issues raised above please contact me.

## Cross Country - County, Area and National Events

provided through David Sutcliffe

*Saturday 5th January - Bedfordshire Championships, RAF Halton, near Wendover.* A hugely successful outing last time round for our Senior and Veteran teams. Against some strong opposition the 20 or so Harriers who handled 'mudslide' conditions at Amptill Park came home as County Ladies Champions in both Senior and Veteran sections, and with second place in both sections in the Mens' race. Race entries are required early in December, and fees will again be paid by the Club.

*Saturday 26th January - South of England Championships, Parliament Hill Fields, Hampstead Heath.* Not for the faint-hearted! This 'classic' event at London's favourite cross-country venue offers an allegedly nine-mile (14k) slog for men and around 9 or 10k for ladies. A chance to take on top UK runners. Harriers Ladies' team performed well here in '02. Look out for notices from December.

*Sunday 17th February - Eastern Veterans Championships.* Back this time at EVAC's regular venue - Wimpole Hall between Royston and Cambridge. Spartan conditions, but the usual copious EVAC free tea coffee and biscuits. Low - key but enjoyable event, with moderate opposition especially for Harriers' Ladies' and M60+ teams.

*Saturday 23rd February - The National All England* event with 2000+ runners. This time at Alton Towers, Staffordshire. A unique event and something to experience.

*Saturday 15th March - Inter-Counties at Nottingham.* For runners aiming for County selection.

# Some Forthcoming Races and Events

November 2007 April 2008

## November

*Sunday 11th* - Biggleswade, Three Counties XC League - Race 2  
*Wednesday 14th* - Fairlands Valley 5K or Henlow 10  
*Sunday 18th* - St Neots Half Marathon  
*Saturday 24th* - Wolverton 5  
*Friday 30th* - Last track session

## December

*Sunday 2nd* - Nene Vallet 10 or Luton Marathon  
*Sunday 9th* - Bedford Harriers Half Marathon Bedford Harriers Race  
*Wednesday 12th* - Fairlands Valley 5K  
*Sunday 16th* - North Herts, Three Counties XC League - Race 3  
*Wednesday 19th* - Awards Evening  
*Friday 21st* - Harriers Christmas Party

## January

*Saturday 5th* - Beds and Bucks XC Championship  
*Sunday 13th* - Ampthill, Three Counties XC League - Race 4  
*Sunday 20th* - Folsowrth 15

## February

*Sunday 10th* - East Haddon, Three Counties XC League - Race 5

## March

*Sunday 9th* - Mondri 15  
*Sunday 16th* - Oakley 20 Bedford Harriers race

## April

*Sunday 13th* - London Marathon

For a full list of races, visit [bedfordharriers.co.uk](http://bedfordharriers.co.uk) or read the club notice board.

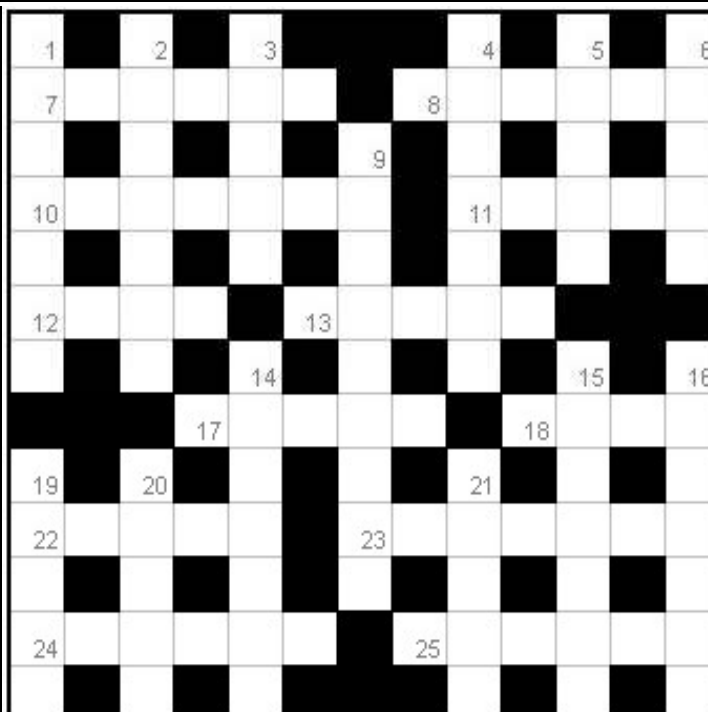
Constructive comments or suggestions concerning future editions of the club magazine to [hello@bedfordharriers.co.uk](mailto:hello@bedfordharriers.co.uk)

# Coffee Time Crossword

designed by Ray Evans

## Clues Across

7. creature
8. group of houses
10. room for preparing food
11. tight
12. large jug
13. under
17. outdo
18. leading performer
22. tall building
23. patio
24. disquiet
25. move about restlessly



## Clues Down

1. hairs on a dog's neck
2. moved quietly
3. aggressively male
4. fortress
5. mix together
6. guide
9. pastimes
14. high speed
15. out of the ordinary
16. unkindness
19. beam
20. pointed weapon